



## What is the relationship between dietary patterns and bone health?

**Table 1.** Indices and scores used to assess the relationship between dietary patterns and bone health

Index/Score (Reference)	Mediterranean Diet Score (MeDi)	Mediterranean Diet Index for Kids (KIDMED)	Modified Med Diet Score (modified MDS)	DASH Score	Alternative HEI (AHEI)-2010
<b>Article</b>	<b>Feart, 2013</b>	<b>Monjardino, 2012</b>	<b>Benetou, 2013</b>	<b>Monjardino, 2012</b>	<b>Dai, 2014</b>
<b>Component</b>	Total Score: 0-9		Total Score: 0-9	Total Score: 8-40	Total Score: 0-110
<b>Vegetables</b>	Vegetables <sup>(+)</sup> ≥Median=1 <Median=0	At least 1 serving/day=1 <sup>(+)</sup>	Vegetables <sup>(+)</sup> ≥Median=1 <Median=0	Vegetables (not potatoes and legumes) <sup>(+)</sup> 1-5 Low to High quintile	Vegetables (not potatoes, French fries) <sup>(+)</sup> 0-10 ≥5 serv/d=10
<b>Legumes</b>	Legumes <sup>(+)</sup> ≥Median=1 <Median=0	At least 1 serving/week=1 <sup>(+)</sup>	Legumes <sup>(+)</sup> ≥Median=1 <Median=0	Nuts & Legumes <sup>(+)</sup> 1-5 Low to High quintile	Nuts & Legumes <sup>(+)</sup> 0-10 ≥1 serv/d=10
<b>Fruits and/or Nuts</b>	Fruits <sup>(+)</sup> ≥Median=1 <Median=0	<b>Fruits<sup>(+)</sup>:</b> At least 1 serving/day=1 <b>Nuts<sup>(+)</sup>:</b> At least 2-3 servings/week=1	Fruits & Nuts <sup>(+)</sup> ≥Median=1 <Median=0	<b>Fruits &amp; fruit juices<sup>(+)</sup>:</b> 1-5 Low to High quintile <b>Nuts &amp; Legumes<sup>(+)</sup>:</b> 1-5 Low to High quintile	<b>Fruits<sup>(+)</sup>:</b> 0-10 ≥4 serv/d=10 <b>Nuts &amp; Legumes<sup>(+)</sup>:</b> 0-10 ≥1 serv/d=10
<b>Cereals and/or Whole Grains</b>	Cereals <sup>(+)</sup> ≥Median=1 <Median=0	<b>Pasta or Rice<sup>(+)</sup>:</b> At least 5 serv/week=1 <b>Grains or Cereals<sup>(+)</sup>:</b> Daily for breakfast	Cereals <sup>(+)</sup> ≥Median=1 <Median=0	Whole Grains <sup>(+)</sup> 1-5 Low to High quintile	Whole Grains <sup>(+)</sup> 0-10 75g/d ♀=10 90g/d ♂=10
<b>Fish or Fresh Fish</b>	Fish <sup>(+)</sup> ≥Median=1 <Median=0	At least 2-3 servings/week=1 <sup>(+)</sup>	Fish <sup>(+)</sup> ≥Median=1 <Median=0		
<b>Fat</b>	MUFA/SFA <sup>(+)</sup> ≥Median=1 <Median=0	Olive oil for culinary use <sup>(+)</sup>	UnSFA/SFA <sup>(+)</sup> ≥Median=1 <Median=0		<b>Long-chain fats (EPA &amp; DHA)<sup>(+)</sup>:</b> 0-10 0-250 mg/d <b>PUFA % energy<sup>(+)</sup>:</b> ≤2 to ≥10
<b>Alcohol</b>	1.4-5.7♀, 10-20♂ g/d=1 <sup>(+m)</sup>		5-25♀, 10-50♂ g/d=1 <sup>(+m)</sup>		0.5-1.5♀ 0.5-2.0♂ Drinks/d=10 <sup>(+m)</sup>
<b>Total Meat</b>	Meat <sup>(-)</sup> ≥Median=0 <Median=1		Meat <sup>(-)</sup> ≥Median=0 <Median=1	Red & Processed Meat <sup>(-)</sup> 1-5 High to Low quintile	Red & Processed Meat <sup>(-)</sup> 0-10 ≥1.5-0 serv/d
<b>Dairy Products</b>	Dairy Products <sup>(-)</sup> ≥Median=0 <Median=1	At least 3 serving/day=1 <sup>(+)</sup>	Dairy Products <sup>(-)</sup> ≥Median=0 <Median=1	Low-fat dairy <sup>(+)</sup> 1-5 Low to High quintile	
<b>Sweets or Sugar Products</b>		Frequent sweets, candy, baked goods, pastries <sup>(-)</sup> =-1		Sweetened beverages <sup>(-)</sup> 1-5 High to Low quintile	Sugar Sweetened Beverages & Fruit Juice <sup>(-)</sup> 0-10 ≥1-0 serv/d
<b>Sodium</b>				1-5 High to Low quintile <sup>(-)</sup>	0-10 Highest to Lowest decile <sup>(-)</sup>
<b>Other</b>					Trans FA <sup>(-)</sup> % energy 0-10 ≥4 to ≤0.5

<sup>+</sup>Includes 100% juice; <sup>++</sup>Includes all forms except juice; <sup>†</sup>Includes legumes only after meat & beans standard is met; <sup>††</sup>Includes non-hydrogenated vegetable oils and oils in fish, nuts and seeds. <sup>(+)</sup>Positive components; <sup>(-)</sup>Negative components; <sup>(+m)</sup>Positive in moderation